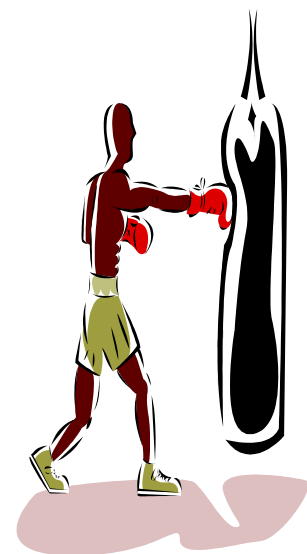


**"Coming Soon"  
to the  
Newton Rec**

**Ryan Setzer's**  
**12 ROUNDS**  
TO  
**FITNESS**  
**NON CONTACT BOXING™**



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Register now for this unique  
workout program for  
**MEN and WOMEN..**

Benefit from the workout of the  
Pros...

**SHADOW BOX**

**LOSE WEIGHT**

**HEAVY BAG**

**INCREASE STAMINA**

**SPEED BAG**

**GAIN CONCENTRATION/FOCUS**

**SKIP ROPE**

**GET MORE FLEXIBILITY,  
MUSCLE TONE AND  
STRENGTH**

**PUNCHING MITT**

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**This is **NOT** aerobics with boxing gloves!**  
**This is the "Real Deal" Boxing Workout**

For more information or to register contact Bryan Waters,  
Program Coordinator at the Newton Recreation Department  
at (828) 695-4317.

Classes will begin January 23, 2006 from 6:30 p.m. to 7:30 p.m. at the  
Southside Community Building located at Southside Park.

Cost for the class is \$59.00 per month. An additional one time fee of \$59.00 will  
be charged for the equipment package. Package includes, duffle bag, t-shirt,  
water bottle, wrist wraps, boxing gloves and jump rope.

**It's Mental -- It's Physical -- It's Motivational**